

# 2010 YOUTH VOLLEYBALL RULES

**Minnesota State High School Rules will apply with the following exceptions:**

1. 10U and 12U LEVELS: As necessary, the serving line may be moved up **7 feet (new)** closer. Players are not to cross this line until contact has been made with the ball. If serving overhand, players must serve from the end line.
2. **Net height:** 10U – 6' 6", **12U – 7' (new)**, 14U girls & boys & 18U girls 7' 4 1/8". 18U boys & co-ed height is 7' 11 5/8".
3. **ROTATION:** For 10U and 12U girls - You **MUST** rotate all players in the center back position (not the serving position). If a team has thirteen or more players they may split in two and rotate seven in the first game and six in the next game and so on. You may only split if you have thirteen or more.

**ROTATION:** For 14U and 18U girls, you may rotate all players in at the center back position or use the High School substitution rule. Whichever method of substitution is chosen; that method must be used for the **ENTIRE MATCH**. Coaches **MUST** inform the official which method of substitution they will be using, before the match begins. Maximum of 18 substitutions per game/set applies, if using the HS substitution rule.

**ROTATION:** For all **co-ed** you must use continuous rotation. Boys only rotate in for boys and girls for girls. Players enter in the center back position (not the serving position). If a team has thirteen or more players they may split in two and rotate seven in the first game and six in the next game and so on. You may only split if you have thirteen or more.

**Minimum Playing Requirements:** **10U/12U:** Continue to use "Continuous Rotation". Rotation may be picked up where it was left off at the end of a given game or start with a new line up within a three-game match. **14U/18U:** Continue to use the National Federation of High School's rotation rule with all players required to play a minimum of 10 points per game within a given three-game match.

## 4. MATCHES

**10U Level** - Teams will play two matches per night. Three games will constitute a match. The first & second games will go to 20 points or 22 point cap. The 3<sup>rd</sup> will play to 15 points or 17 point cap. Three games are played no matter who wins the first two (if time permits).

**12U/14U /18U Levels** - Teams will play two matches per night. Three games will constitute a match. The first & second games will go to 25 points or 27 point cap. The 3<sup>rd</sup> will play to 15 points or 17 point cap. All three games are played no matter who wins the first two (if time permits).

Third game must be started with 10 or more minutes left in your time slot. Ex. If the following matches are scheduled at 6:50 pm, the third game must be started by 6:40 pm.

Rally scoring will be used for all levels, meaning a point will be awarded on every serve. Matches may not be rescheduled without prior authorization from Municipal Athletics and on-site directors.

5. EACH TEAM must provide a game ball -- leather for 12U and up. 10U will use a Tachikara Volley-Lite ball. Host sites should provide a qualified scorekeeper.

6. TEAMS MUST HAVE A **MINIMUM** OF FIVE PLAYERS to start and continue a game, if a sixth person arrives late, they may rotate in at the center back position (not the serving position).

7. In the 10U, 12U and all co-ed divisions, if a player serves 5 points in a row that team must rotate. They still retain the serve, but with a new person serving. Coaches are responsible for counting.

8. Players may set a serve; however, a serve may NOT be blocked or attacked/"spiked".

9. A coin toss shall determine which team serves first. The referee shall designate which team are heads and tails. For succeeding games the first serve alternates. If a third game is necessary, another coin toss shall occur.

10. If/when a player leaves the court (whether due to rotational substitution or injury) they proceed to the "end" of the substitution bench/line if using continuous rotation.

11. Coaches are allowed to stand in the area from the end line up to the 10 ft. line. Only one coach may be standing. Maximum of two coaches allowed on the bench plus one scorekeeper. The scorekeeper can not at any time coach the team.

## TO CLARIFY A FEW HIGH SCHOOL RULES IN PLAY:

1. NO jewelry. Jewelry shall not be worn by players during warm-ups and/or during match play. You CANNOT tape over earrings. Medic Alert & religious medals are not considered jewelry; medals must be taped to the body & worn under uniform. However, Medic Alert may be visible. Officials should address jewelry issues with the coach; the coach is to inform their players. Infractions of this rule can result in a point for the opponent.
2. Player may receive serve with any part of their body; including with an over head pass. (Please note: we recommend teaching players to pass with their forearms.)
3. Team that received the first serve rotates before serving.
4. To begin games 2 or 3, teams may start with any rotation.
5. If the ball hits any overhead object (including the ceiling) and goes over the net, it is to be ruled “out of bounds”.
6. If a 1<sup>st</sup> or 2<sup>nd</sup> ball played hits any overhead object (including the ceiling) on their own side, it may be played.
7. Blocking and/or Blocking Attempts do not count as one of a team’s three hits.
8. Play starts & ends with the referee’s whistle; server has five seconds to serve the ball after the whistle; a player who fails to serve within five seconds loses the serve and their team forfeits their turn of service/side out. Players will be given one re-serve during a team’s term of service. A re-serve will be called when the server releases the ball for service, then catches it or drops it to the floor. Player is allowed a new 5 seconds for the re-serve.
9. On a Net Serve, (when the ball hits the net and then crosses over the top of net into the opponent’s court), it is considered a legal serve & the ball is “live” and playable by the opposing team. Net Serves not crossing over top of net or landing out-of-bounds results in a side-out.
10. Multiple successive contacts (shoulder, arm) are not legal unless they are the team’s first hit or when a player is attempting to play an attacked/ “spiked” ball. A ball may contact two body parts above the waist at the same time (simultaneous contact) and be considered a legal play.  
Multiple contacts on a single attempt are legal on any first ball over the net (including after a block).
11. Team Benches shall be on the same side of the court as the officials’ table, placed no closer to the sideline than 6 ft. and no closer to the out-of-bounds extension of the center line than 10 ft.
12. Teams are allowed 2 time-outs per game/set.